



News Release

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Healthy New Year's Resolutions for Young and Old

(Salt Lake City, UT) – You're never too young or too old to make healthy changes for a longer life. The Utah Department of Health (UDOH) says if you're willing to make a few simple pledges, you'll be on your way to a healthier and happier 2004. Here is our list of New Year's resolutions for Utahns to consider:

Stay immunized – against diseases such as flu, tetanus, hepatitis, pneumonia

Check your family's immunization records and talk to your healthcare provider to make sure everyone is up-to-date. Remember that immunizations are not just for infants and young children. Vaccines can prevent serious illness in adolescents and adults as well.

www.immunize-utah.org

Always wear a seat belt – except when you are not in a vehicle

Always wear a seat belt, make sure your children are properly secured in an appropriate safety seat, and use booster seats for all children ages 4 to 8, or until they are at least 4'9" and 80 lbs. Pledge to wear your restraint every time you get into the car.

www.safekids.org

Always wear a helmet – for biking, boarding, scooting, blading, etc.

Set an example by wearing a helmet every time you a bike, and insist your children do for biking, blading, skateboarding, snowboarding, skiing, snowmobiling and when riding any off-highway vehicle. Most injuries are preventable!

www.safekids.org

Get Screened – for cancer, high blood pressure, cholesterol

Getting screened can save your life. Schedule an appointment with your doctor at the beginning of each year to make sure you and your family members are current with recommended screenings. Age-appropriate screening information can be found at:

www.utahcancer.org, www.americanheart.org, www.checkyourhealth.org

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Eat Healthy Foods – at home, work, school

Choose from a wide variety of foods, focusing on fruits and vegetables, whole grains and lean sources of protein. Note what kinds of food choices are offered in cafeteria and vending machines. Encourage school and business leaders to provide healthy options!

www.actionforhealthykids.org

Move Your Body – walk, bike, jog, row, swim, lift, play – every day

Take advantage of Utah's many trails, tracks, and scenic pathways and begin a walking program today. Walking is one of the easiest and most convenient ways to prevent disease and lose weight and keep it off. Start with 10 minutes a day and slowly work up to 30 minutes or an hour.

www.utahwalks.org

Avoid All Tobacco Use – don't smoke it, chew it, or sniff it

More than 14,000 Utahns have called the Utah Tobacco Quit Line for counseling and information on how to quit. Stopping smoking is the most important thing you can do to improve your health.

www.tobaccofreeutah.org, www.utah.quitnet.com

Balance Work and Play – don't let work rule your life

Read, spend time with family, renew old friendships, start a fun hobby, meditate, and learn how to better handle stress in your life.

www.healthyutah.org

For more information call the UDOH's Health Resource Line at 1-888-222-2542.

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The mission of the Utah Department of Health is to protect the public's health through preventing avoidable illness, injury, disability and premature death, assuring access to affordable, quality health care, and promoting healthy lifestyles.